

# **Pan Seared Red Snapper with Pineapple Habanero Cream Sauce**

Tis the season.... American Red Snapper season that is, and this Gulf of Mexico delight offers one of the tastiest treats around. Snapper has a relatively mild, sweet taste with just enough oils in the flesh so it can stand up to some interesting kitchen riffs. Here's one you'll like.

## **Ingredients**

### **The Snapper**

American Red Snapper Filets  
Sweet Salted Butter  
Salt  
Pepper  
Paprika

### **The Sauce**

Candied Pineapple – diced  
Habanero Pepper – diced  
Heavy cream  
Butter  
Flour  
Salt  
White pepper  
Orange Zest (optional)  
Cardamom (optional)  
Dust O' Death (optional hot powder)

### **The Tool**

Cast Iron Skillet

## **Preparation**

You'd be forgiven if you call this sauce a Pineapple Habanero Roux instead. Aside from employing regular, not clarified, butter the sauce is prepared much the same as a roux.



Heat your butter, add the candied pineapple & habanero. The optional orange zest and cardamom are added here if you choose. Saute for 1-2 minutes to release the oils in the pepper and then add in the flour. Cook in the flour, salt & white pepper for a 2-3 minutes or so, adding your heavy cream as needed that to reach the consistency your desire. Total cook time should be 5-7 minutes. You want the sauce darkened... not blackened:) If you don't care for the hot spice, leave out the habanero. You could , also, substitute a mango salsa for the pineapple.





Remove from heat and set aside





Season your filets – set aside



With your cast iron skillet inside, heat your oven to 350 degrees. When the oven and skillet reach 350 degrees, carefully remove and to the stove top. Place the filets in the skillet. Sear for one minute. Turn the filet, top with a pat of butter each and return the skillet to the oven for 2-3 minutes depending on the



thickness of your filets. Remove on time.... you do not want rubbery fish



To plate the fish, put a generous dollop of the sauce on a plate placing the fish on top. Enjoy! :-)



